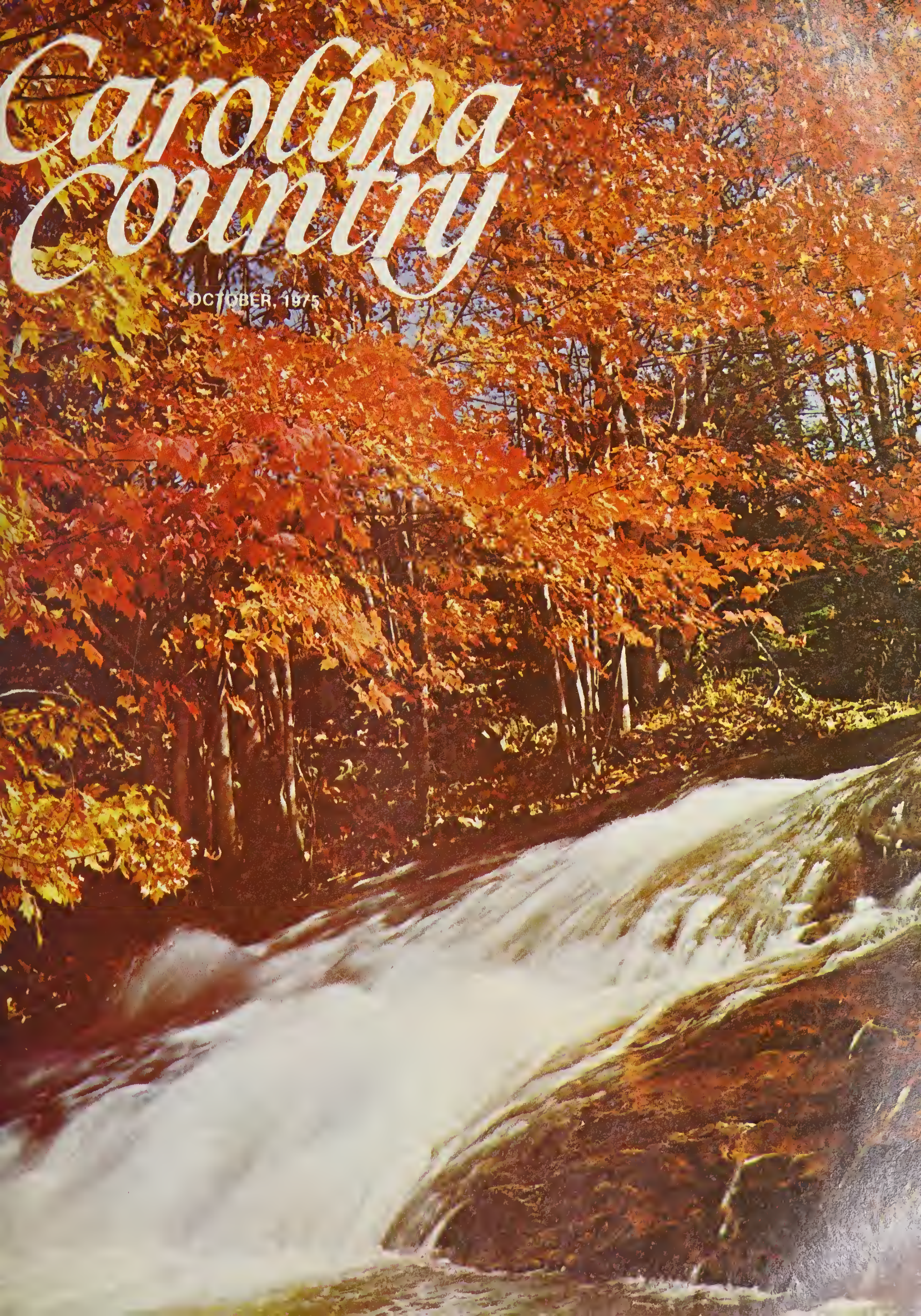


Carolina Country

OCTOBER, 1975





If Your House Has Some Age On It, You May Waste Up To \$90 Worth Of Fuel This Winter.

Back when electricity and heating fuels were cheap, people didn't worry too much about insulation when they were building.

It was quicker and cheaper to skimp on insulation, and then use all the electricity or fuel that was necessary to keep warm.

Today we're paying for this waste. Because inadequate insulation in the building industry has been one of the major contributors to the energy crisis and the high cost of fuel.

If you're not sure that your house is properly insulated, your EMC

urges you to have it checked. According to current figures, fuel savings for homes insulated to the minimum FHA standards soon pay for the total cost of insulation.

There are a lot of other ways you can cut down on your heating bill this winter. You've heard them all a hundred times or more.

But nothing you do can come close to the savings you'll realize by installing proper insulation.

So it's not a question of whether you can afford to do it, it's whether you can afford not to.



This issue of Carolina Country contains an article describing how insulation can save you money on heating and cooling bills. See "Insulate for Savings and Comfort," Pages 12-13.

Carolina Country

Read Monthly in More than
240,000 Homes

Vol. 7 No. 10 October, 1975

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Your EMC's Magazine

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OVER — This autumn scene in the Blue Ridge Mountains was photographed by Merle Cornett of Elk Creek, Va. It is from the book, *The Southern Appalachian Heritage*, which was published jointly by Halton Publishing Corp. in Kingsport, Tenn., and Appalachian Consortium Press in Boone. We are indebted to the book's publishers for the loan of color negatives from the photograph.

In This Issue . . .

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Notice: The fact that a product is advertised in this magazine should not be taken as an endorsement. If you find an advertisement misleading, or a product unsatisfactory, notify us. We will notify Attorney General's Consumer Protection Division.

Financing Consumer Co-Ops

As cooperatives across the country are observing Co-op Month in October, legislation is being prepared which could become a major landmark in the development of the cooperative movement in the United States.

The legislation, which is scheduled for submission to Congress soon, incorporates a proposal prepared by the Cooperative League of the USA in consultation with the Consumer Federation of America. It would establish a National Consumer Cooperative Bank, patterned after the user-owned Farm Credit System, which is proving its success each year with loans totaling \$27 billion annually.

The bank is envisioned as closing the gaps between existing cooperative sources of credit for co-op ventures, and it would not compete with any existing cooperative sources of credit. The government would provide the original capital, but borrowing co-ops would gradually replace the federal capital with their own. Thus, the borrowers can acquire ownership in the bank as they build up equity in it.

The bank is proposed to operate with a 13-member board of directors. Members would be chosen by the President, with seven from government and six from co-ops. As the government capital is retired, an increasing number of directors would be elected by cooperatives using the bank. Eventually, it would become completely borrower-controlled.

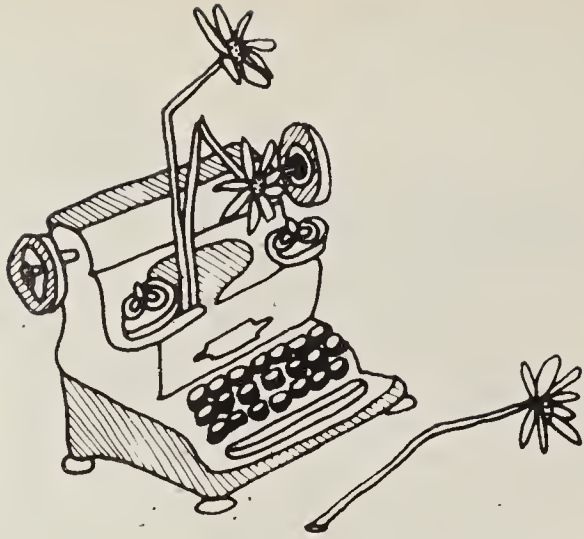
Meanwhile, a small independent agency would be established to supervise the operation of the bank, reporting periodically to Congress and the public on the bank's financial status. The agency could offer technical assistance to make sure the co-ops use their credit wisely and function on a sound business basis. This agency would also be responsible for operating a self-help revolving development fund designed to aid small co-ops serving low-income people.

Establishment of this bank would eliminate one of the major hurdles which must be cleared whenever consumer groups try to organize co-ops as a means of reducing the cost of goods and services; finding a source of financing. Setting up a cooperative can be costly proposition and most consumer groups have no source of credit for such operations.

Cost-conscious Americans are eager to organize co-ops in such diverse areas as food purchasing, auto repairs, child care and health services. But only a few more than 200 consumer co-ops are now operating in the U.S. and their combined membership comprises less than one-fourth of one per cent of the nation's population.

The National Consumer Cooperative Bank would provide the impetus needed to channel this widespread interest into functioning consumer-owned cooperative enterprises.

We hope Congress will move swiftly to establish this important new source of financing for consumer cooperatives.



rural electric Notebook

POWER COSTS UP

The cost of purchased power to rural electric systems across the country in 1974 was up 35 per cent from 1973 -- a record high increase. As a result, these systems saw their revenues jump 23.1 per cent. The distribution systems' power bills claimed 54 per cent of their revenues.

OUTSTANDING CREDIT RECORD

The nation's electric cooperatives have established one of the most outstanding credit records ever in connection with a federal lending program. Over a 40-year period, rural electrics have borrowed more than \$10 billion from the Rural Electrification Administration. Of that amount, only \$44,000 has been lost in write-offs.

STATISTICS FAVOR HYDROPOWER

The importance of hydroelectric power as a source of clean energy was underscored recently by Acting Secretary of the Interior Kent Frizzell.

He pointed out that hydropower marketed by the Bureau of Reclamation in the western states during 1974 totaled 51.8 billion kwh of energy. Producing that amount of energy with fossil fuels would have required 18.4 million tons of coal, or 418 billion cubic feet of natural gas, or about 70 million barrels of oil.

Frizzell said the statistics "reflect the important role hydroelectric power plays in meeting the nation's demand for clean energy.

"Hydropower consumes no fuels and produces no pollutants to the air or water," he added. "It uses a renewable resource, water, and when operated in conjunction with thermal and nuclear power plants it can save significant amounts of finite fossil fuels."

NUCLEAR POWER SUPPORTED

A majority of the American public favors construction of more nuclear power plants according to the results of a national poll conducted by the Louis Harris organization. The representative sampling of opinion shows that 63 per cent of the public favors such plants.

A breakdown indicated that support for the plants existed among nuclear plant neighbors - 63 per cent; political leader - 69 per cent; business leaders - 92 per cent; regulators - 75 per cent; and environmentalists - 19 per cent.

YOUR DAILY ENERGY REQUIREMENT

Each day, the average American uses the energy from 13.6 pounds of coal, 3.3 gallons of oil, 297 cubic feet of natural gas, 3.7 kilowatt hours of hydroelectric power and seven kilowatt hours of nuclear power.

Based on today's rate of consumption, a baby born today will consume during his lifetime 175 tons of coal, 2,000 barrels of oil and 7.5 million cubic feet of natural

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The Plan itself is not new. C.I.F. has spent over five years to fully develop the program. RURAL LEADERS helped in its design and development ... men such as ORVILLE L. FREEMAN (former Secretary of Agriculture and Governor of Minnesota), CLYDE T. ELLIS (for 25 years Manager of National Rural Electric Cooperative Association).

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Carolina Country Towns

Red Springs



The town of Red Springs in Robeson County might be called North Carolina's melting pot. Living in an atmosphere of cooperation there are blacks, whites, and the Lumbee Indian.

The town was named for the mineral springs that stain the containers when Scotsmen first settled the area — not for the Indians they found there.

A water purification system has eliminated the problem.

Robert Pearson has been plowing gardens around Red Springs for more than 30 years, 26 of those with "Daisy," a mule that was 6 when Pearson bought her. Red Springs people are avid boosters of the high school athletic teams. Here they cheer a victory of the Red Springs Red Devils. Until 1968, the town hosted the farm team of the Minnesota Twins, the smallest town in the nation to have such a distinction. Chief of Police Luther Haggins says at times there were 5,000 fans at minor league contests. Although the population of Red Springs is estimated at a few less than 4,000, the trading area includes more than 50,000 people.





photos and text
by Spencer Carter

Henry Johnson lights up an ever present cigar on the porch of his home. Mrs. Johnson says her husband "gets up smoking and lays down smoking." One of the springs for which Red Springs is named still flows in the business district of the town. A hundred years ago people thought the minerals in the water were medicinal, flocking to the area to sip the cool but ineffective liquid.



As with many Carolina Country towns, progress has left standing some fine old homes. Mr. and Mrs. Rockwell Brown live in this 14-room Victorian house completed in 1902. There are many such houses in Red Springs, including two that are used as fraternity houses by students from Pembroke State University, 11 miles away. Railroads carried many thousands of bales of cotton from Red Springs before and during World War II. It was a sizeable market with eight to ten buyers and 30-40,000 bales sold each Fall. Today only one buyer remains, as farms have gotten bigger, selling directly to cotton gins.



With a racial mix of blacks, Indians and whites, Robeson County might be called the state's melting pot. At the Wakulla Supply Company outside of Red Springs, neighbors pause for a chat.

staining, but a local banker who lived there before purification says he wore yellow shirts before colors became fashionable. New white shirts didn't retain their whiteness long in the iron-rich wash water.

The Lumbee River EMC, headquartered in Red Springs, is managed by Derl Hinson, a South Carolina native who came to Lumbee from Indiana.

"Basically I believe people are the same wherever you go," he says, adding that there are subtle differences.

"People are really interested in you around here," he says. "In the Midwest, there's more of a live and let live attitude. If you don't say anything to a person, he might never say anything to you."

One of the people interested in others in Red Springs is Dr. Roscoe D. McMillan. Now 88 years old, Dr. McMillan served the people of the area for "63 years and a half a day," retiring two years ago.

Dr. McMillan was treating a group of relatively well-educated people. A state study in 1967 concluded that "The average level of educational attainment in Red Springs is higher than it is in the remainder of . . . North Carolina." This was due, in part, to a great number of women in Red Springs having been educated at Flora MacDonald College, which was located in the town until it was closed in 1961.

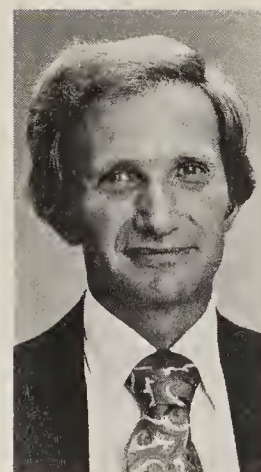
The Presbyterian Church's decision to close the college disturbed many of the townsfolk. A few of them decided that things had been too quiet too long.

So in protest of the move, they "borrowed" a granite stone that had been given to the school by King George V of England in memory of Flora MacDonald. The heavy stone was secretly placed in the spillway of a millpond. Two years later, it mysteriously reappeared on the grounds of the college.

But it isn't often that something as exciting as that occurs in Red Springs. The three races of people live in relative harmony.

The town's only movie theatre, with its three doors and three floors — one for each race — is closed. Athletic teams at the high school have tri-captains, one white, one black and one Indian. The EMC Board of Directors consists of three blacks, three Indians, and six whites. People try to "get along."

Both farming and industry are served by the town. An industrial development team's effort won a "Governor's Award Town" designation from former Gov. Bob Scott, and with a new sewage treatment plant on the horizon, the prospect for more industry is hopeful.



MacDonald Gardens make a lush playground for the people of Red Springs. The gardens are on the campus of Robeson Country Day School, a private school that was once the home of Flora MacDonald College. Lumbee River EMC manager Derl Hinson, "The people are very gracious."

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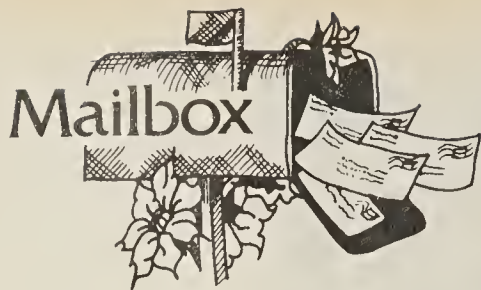
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I have had enough of your pro-nuclear propaganda and think it's time you presented the other side to your readers. It's time they were told that among the so-called "extremist critics" of nuclear power are thousands of physicists and Nobel Prize winners of the highest qualifications and purest motives. Unlike the AEC and utilities spokesmen, they have no reason to hide the true dangers and economic inefficiencies of nuclear power; they have no need to protect billions of dollars' worth of investments. They are in a position to find out and speak the truth about nuclear power. The truth is that there is NO SAFE LEVEL of radiation, and that total poisoning of the planet is certain if nuclear development continues as planned and even 1% of the resulting radioactivity escapes into the environment. How many industries even approach 99% perfection in performance? The glib promises about nuclear breeder safety given out by people like Carl Walske (*Carolina Country*, August, 1975) are based on reckless ASSUMPTIONS that every operation of every nuclear plant will proceed perfectly, as if human error in designing and operating the plants, storing their deadly wastes, and predicting surprises, weren't even remotely possible.

Radiation is the most dangerous substance ever known to man. Our generation has NO RIGHT to produce a radioactive legacy which irreversibly endangers all future generations. The AEC and the electric utility companies must recognize their mistake instead of continuing to whitewash it and multiply it. They must realize that the technology for solar heating and cooling and even production of electricity is not an exotic piece of science fiction: it is AVAILABLE RIGHT NOW. With sufficient investment in its mass production, solar power can not only replace nuclear sources, but improve on them in safety, efficiency, and cost.

Please have the justice to print this letter and let your readers know the other side of this vital question.

K.D. Higbie
Rt. 2, Vilas

I received my August edition of *Carolina Country* and was most upset by the article by Carl Walske, "Nuclear Power: No Reasonable Alternative". I have been a subscriber to your magazine for nearly ten years and have never seen such misleading, propagandist, biased, glossing over of an issue which is of paramount importance to consumers of electricity and which should be considered with as much rationality and logic as can be mustered by men and women.

Having read fairly extensively about the pros and cons of nuclear generation of electricity, worked in a radio-isotopes laboratory, and been brought up in a scientific family, and having read through Walske's article carefully, I find everything in it unsupported, full of rhetorical innuendos, and if not patent falsehoods, truth-distorting omissions. If nuclear technology is so safe, why can't I get insurance without a nuclear exclusion clause? Why is the nuclear industry absolved of responsibility by the Price Anderson Act?

In any case, I am not writing to argue the case with you, whatever your views might be. I am writing to express my disappointment and dissatisfaction with the article. I especially resent being called an "extremist" and having to pay for this kind of article with my electric bill. The EMCs of our state should serve their members to the best of their ability and this purpose is not achieved by propagandist journalism. I, and other non extremist "critics" of nuclear power are not against electricity, and appreciate its vital role in our society. We are, however, opposed to its needless waste, and support, as *Carolina Country* has been doing, conservation measures. We fear that if exploration, research and development of alternate energy sources are not adequately funded and supported as soon as possible, the title of Mr. Walske's article will become a self-fulfilling prophesy. I am sure that many readers of *Carolina Country* would be interested in reading about geothermal power, wind power, and especially solar power, and would wish the EMCs to be leaders in their speedy development and proper funding. In the interest of fairness and to fulfill your responsibility to EMC customers, I urge you to actively solicit and give equal space in your magazine to an opponent of nuclear power who has comparable credentials and equal authority.

Thank you very much for your consideration.

H. Malcolm Owen, III
Marshall

In regard to your glowing article on nuclear plants, waste, etc., may I say, "Nuts!" And, in support of my attitude, may I refer you to *Smithsonian* magazine, April, 1974, Pages 20-27. The article by Dennis Farney is entitled, "Ominous Problem: What To Do With Radioactive Waste." Subtitled: "More nuclear power plants means more of the most lethal and long-lasting poisons, and scientists disagree about their disposal." First sentence: "They call it 'the thousand-year problem'."

As the publication of a public utility paid for by the public, *Carolina Country* should educate, not propagandize. Your article was clearly propaganda.

Harriet H. Riggs
Rt. 1, Swansboro

A full response to the Carl Walske article on nuclear power is being prepared by the Asheville-based organization, "Carolínians for Safe Energy." That response will appear in the November issue of *CAROLINA COUNTRY*.

I enjoy your book each month. There are lots of things I enjoy reading about in it. I always love the patterns and Country Kitchen recipe.

Back in the spring when I was doing some spring cleaning in the kitchen, I noticed a picture I had framed in there had turned quite yellow. When I took it out I found that it came from *Carolina Country*, April, 1970. I know this is very old but if you could run a reprint I know there are lots of others that would appreciate it. It is "My Kitchen Prayer". It has a picture of an old time stove (wood) and the verse "Bless my little kitchen, Lord, I love its every nook, And bless me as I do my work, With pots and pans, and cook, etc."

I still have my old yellowed copy if you should like to have it.

I do believe lots of young home-makers, as well as we older ones, would like a new copy. Hope you can see your way to reprint this.

Mrs. Randolph Cobb
Macclesfield, N.C.

Perhaps other readers of *CAROLINA COUNTRY* would be interested in seeing the magazine reprint "My Kitchen Prayer." Let us hear from you if you are. If there's enough interest among our readers, we'll be happy to reprint the piece.

An Authorized Bicentennial Program
CAROLINA COUNTRY



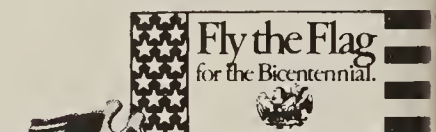
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INSULATE...

For Savings and Comfort

What Is Insulation?

Insulation is any material that provides a high resistance to the flow of heat from one surface to another. Different materials vary widely in their insulating qualities. For example, one inch of mineral wool or fiber glass has the same insulating value as a brick wall 34 inches thick or a concrete wall 47 inches thick. Fig. 1 shows the insulating qualities of other materials.

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DOUBLE GLASS								
8" CEMENT BLOCK								
8" BLOCK, INSULATED 2"								
4" FRAME WALL, NO INS.								
4" FRAME WALL, 3/4" INS.								
CEILING, NO INS.								
CEILING, 6" INS.								
WOOD FLOOR, NO INS.								
WOOD FLOOR, 2" INS.								

FIGURE 1

Many kinds of insulation are available. All have a soundproofing quality. The most common types are glass fiber, mineral wool, cellulose fiber-blown, vermiculite, polystyrene, and polyurethane foam.

Most commonly used in homes are the fibrous insulations, which are lightweight and porous. Containing millions of microscopic air pockets, they are highly effective in retarding heat flow. There are two varieties:

Blanket or Batt. Constructed of mineral wool or glass fibers to a controlled density in continuous lengths and in various widths. Available with or without an attached vapor barrier.

Loose Fill. Manufactured from mineral wool, glass fibers, wood fibers, or vermiculite granules. Installed in new and existing homes by machine blowing or hand pouring.

Other Types

Foam. Available in rigid boards and liquid spray foam. Foam insulations usually don't require a separate vapor barrier. Most common are polystyrene and polyurethane foam. Caution: Be certain they meet all fire and smoke safety standards.

Reflective. Polished metallic surface reflects infrared (heat) rays. To be effective, there should be at least three fourths of an inch of air space on the shiny side. Reflective sheeting alone doesn't meet full insulation standards.

How Insulation Works

The first thing is to understand a simple law of thermodynamics: Heat moves to cold. Regardless of the situation or condition, this law remains the same, heat moves to cold.

But this movement is greatly slowed by insulation. In winter, insulation retards the rate of heat leaving your house. In summer, insulation retards the rate of heat entering your house.

How Much Is Enough?

The ability of insulation to resist heat transfer is known as its resistance value or "R" value. The higher the "R" value, the more effective the insulation. For North Carolina the Federal Housing Administration has set the following minimum standards: R-19 for ceilings, R-11 for outside walls, and R-7 for floors. In most cases where fibrous insulation is used, these "R"

values can be obtained by installing six inches over the ceiling, three and one-half inches and a vapor barrier in outside walls and two inches and a vapor barrier under floors.

You Save Two Ways

Smaller Heating and Cooling Equipment. Compared to the size units you would need with inadequate or no insulation, full insulation permits smaller heating and cooling equipment. Here are two examples:

Let's say your house contains 1,500 square feet, is uninsulated and will be heated with electric baseboard heat. The purchase and installation cost will run about \$1,975. That's unnecessarily high. Let's fully insulate the house. Now the total cost, including the purchase and installation of the baseboard heaters and the insulation, is \$1,140 — a savings of \$835. (See Fig. 2).

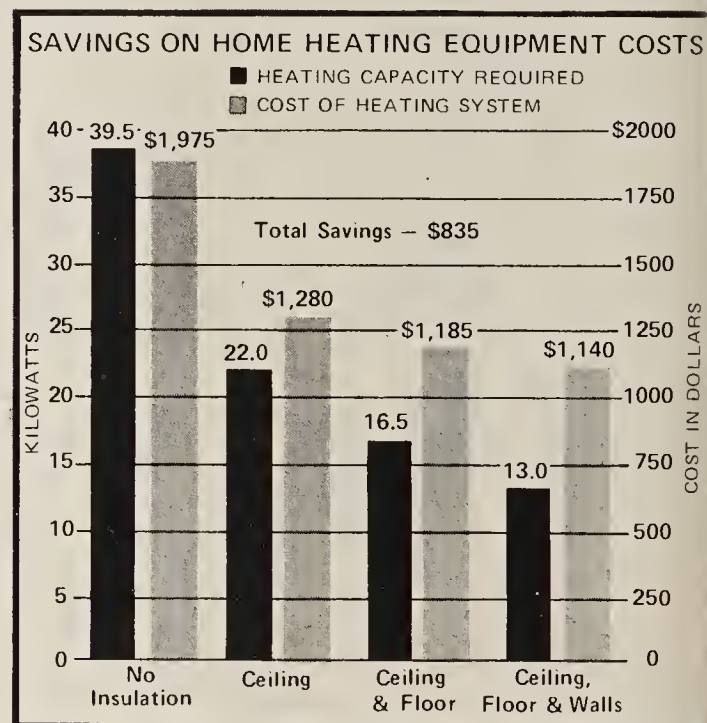


FIGURE 2

Same situation with air conditioning. Fig. 3 shows that with insulated ceiling and walls, the air conditioning requirement is reduced by about 1½ tons. Based on an average cost of \$200 per ton, you would save approximately \$1,000 on purchase and installation. (Since almost no heat comes through the typical floor, insulation for the floor isn't included in Fig. 3.)

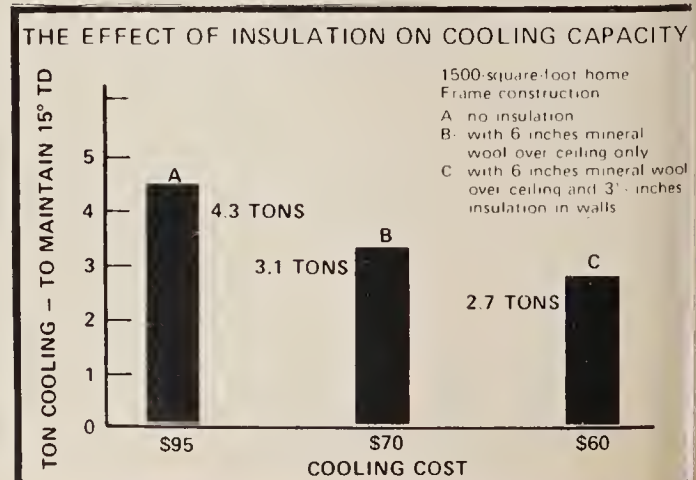


FIGURE 3

old certainly comes through the floor; that's why two inches of floor insulation with a vapor barrier is so important for winter heating comfort and economy.)

Lower Operating Costs. The second way insulation saves you money is by reducing heating and cooling bills. Full insulation can reduce the cost of heating your 1,500-square-foot house by as much as \$425 a year (Fig. 4). This is because full insulation would reduce the consumption of electricity for heating by 28,500 kilowatt-hours each heating season.

The cost of operating the air conditioning in your house can be reduced from \$95 to \$60 a cooling season — a savings of \$35 (Fig. 3).

If uninsulated, your house would cost an additional \$460 yearly to heat and cool. But since it's fully insulated, the \$460 savings can be banked. (The savings figure is based on 1.5 cents per kilowatt hour.)

ANNUAL SAVINGS ON HEATING BILL WITH INSULATION		
INSULATION		
6" (Ceiling)		\$260
2" (Floor)		\$85
3 1/2" (Walls)		\$50
Storm Windows and Doors		\$30

FIGURE 4

The Important Vapor Barrier

Three types of vapor barriers are in general use: (1) polyethylene sheets, (2) asphalt-coated paper, and (3) foil. Felt paper isn't a vapor barrier.

Why use a vapor barrier? Accumulated moisture inside the wall, for instance, can rot wood framing, loosen plaster, and blister outside paint. To prevent this damage, a vapor barrier should be applied at the time of construction.

The vapor barrier may be an integral part of insulation or it may be installed separately. Care must be taken not to tear it. All tears and seams must be tightly sealed to form a complete barrier over the entire insulated area.

HOW TO INSULATE YOUR HOME YOURSELF

Compared with the amount of money you save on your heating and cooling bills every year, insulation is very inexpensive. In many cases you can install ceiling and floor insulation. We don't recommend that you attempt to insulate the outside walls in an existing home. This is a job for a qualified insulating contractor.

Ceiling Insulation. Use either loose fill or blanket insulation.

If you select the loose type, merely pour it to a depth of at least six inches between the joists, then level it with a flat board or rake. If there are two or three inches of loose fill already over the ceiling, add enough to bring it up to a full 6 inches.

If you choose the batt or blanket insulation, lay it in continuous lengths be-

tween the joists. Any vapor barrier must go down toward the ceiling side. If there is already a two- or three-inch-thick blanket or batt over the ceiling and you wish to add another layer of blanket insulation, be sure to peel off any vapor barrier before applying it on top of what is already there.



Note: When installing insulation, the vapor barrier must go on the heated side of walls and floors to protect the insulation against condensation in winter.

Ventilation

Adequate ventilation is vital in protecting your house against excessive moisture. All vents should be left open all year to allow moisture-laden air to escape.

To provide adequate airflow, the attic should be vented at the eaves and either at the gables or top of the roof.

For Gable Vents Only. Without ceiling vapor barrier, have one square foot of vent for each 150 square feet of ceiling. Put half at each end. With ceiling vapor barrier, having one square foot of vent for each 300 square feet of ceiling. Put half in each end.

For Combination of eave and ridge or gable vents without vapor barrier. For each 300 square feet of ceiling, have one-half square foot for each gable, or have one square foot at ridge and one-half square foot at each eave.

Any house with a crawl space needs foundation vents. In addition, a polyethylene ground cover of 4-mil thickness or 55-pound roll roofing should completely cover the earth in the crawl space. The ground cover should be lapped 4 to 6 inches; sealing isn't necessary. Turn the ground cover up along the foundation walls 4 to 6 inches. With a correctly installed ground cover, one square foot of vent should be provided for every 1,500 square feet of crawl space. A minimum of two vents is required, and they should be placed so that air flows in one, over the crawl space area, and out the other.

When no ground cover is installed, one square foot of vent is required for each 150 square feet of crawl space, and at least four vents are necessary. Foundation vents should remain open all year. What about water pipes freezing? Insulate them.

Storm Windows and Doors

The addition of storm windows and doors to a fully insulated home will reduce heating and cooling costs even further and add considerably to your comfort. Storm windows also stop moisture from condensing on the inside of the glass, which can rot wood window sills and framing. Moreover, they join insulation in shielding outside noise from the inside of your home.

If you don't wish to install regular storm windows, you can accomplish the same purpose easily, effectively, and at very little cost with clear plastic storm window kits. The plastic sheet is merely stapled or tacked onto the outside of the window facing and usually lasts about one year.

Eave vents, recessed lighting fixtures, and exhaust fan motors must not be covered.

Floor Insulation. There are several methods of installing insulation under the floor. Blankets or batts, always with the vapor barrier placed on top toward the floor, are held in place between the joists. Use wire staves, wire lacing, chicken wire, or any other means to hold it in place. There is insulation made especially for floor application. It has flaps for stapling to either the insides or the bottom face of the floor joists. It may be installed flush against the sub-flooring, or air space can be left between the sub-flooring and the top of the insulation. Since there is no particular advantage in either installation method, simply use the one easier for you.



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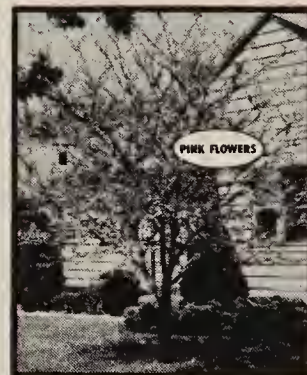
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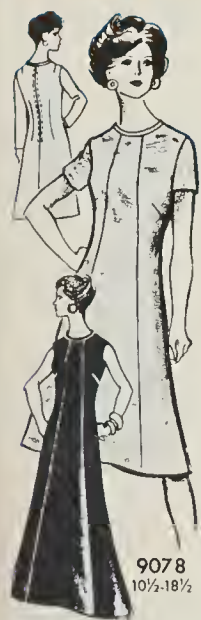
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Country Kitchen

CABBAGE RELISH



Mrs. Gene Clark of Rt. 1, Dallas, sent us this recipe for an interesting and unusual side dish combining cabbage, carrot and bell pepper. Mrs. Clark says the recipe was given to her by a vendor who sold her a cabbage at the Watauga Farmers Market in Boone last summer when Mr. Clark was working on his master's degree at Appalachian State University.

She says, "The recipe is ideal to take on picnics when slaw might spoil. If you take the relish from home frozen it will probably be just right when you reach your picnic site."

The Clark family is served by Rutherford EMC.

If you would like to share a recipe with this column, send it to: Country Kitchen, Carolina Country, 3333 N. Boulevard, Raleigh, N.C. 27601. We pay \$5 for chosen recipes.

COUNTRY KITCHEN RECIPE

Submitted by Mrs. Gene Clark of Rt. 1, Dallas

CABBAGE RELISH

- 1 medium cabbage, shredded
- 1 carrot, grated
- 1 bell pepper, chopped fine

Add 1 teaspoon of salt to cabbage and let stand one hour. Drain. Add carrot and green pepper. Drain.

Make a syrup of:

- 1 cup vinegar
- ¼ cup water
- 1 teaspoon whole mustard seed
- 1 teaspoon celery seed
- 1½ cup sugar

Mix and boil one minute. Cool to lukewarm. Pour over cabbage mixture. Put in freezer containers. Freeze. Will keep two weeks after thawing.



Into each life, a little pork this fall.

Let's have a Porkfest.

Today's new pork, thanks to improvements in breeding and feeding over the past decades, is now lower in calories, leaner and higher in nutritional value than ever before.

The new leaner and more tender pork means changes in cookery procedures beneficial to the person around the house doing the cooking.

Research reveals that fresh pork should be roasted to an internal temperature of 170 degrees for optimum results. Cooking to the once recommended 185 degrees F. tends to dry out pork.

Pictured above is another of those busy day meals that is special enough to double for company. It all goes into one pan and just needs a green vegetable salad and hot bread to complete a "compliments to the cook" meal.

The Carolina Homemaker

Photo and recipe courtesy of National Pork Producers Council.

Broiled Pork Chop Sweet Potato Dinner

4	pork rib or loin chops, cut 1 to 1 1/4 inches thick	2	tablespoons butter or margarine
1	can (1 pound) peach halves	2	tablespoons light brown sugar, packed
1	can (1 pound 1 ounce) vacuum-pack sweet potatoes*	1/4	teaspoon cinnamon
		1/4	teaspoon salt

Place pork chops on one side of broiler pan. Drain peach halves; save 1/4 cup syrup. Arrange sweet potatoes and peach halves in shallow 1 1/2-quart baking dish or aluminum foil pan. Melt butter or margarine in saucepan.

Stir in remaining ingredients; bring to a boil, stirring constantly. Drizzle syrup over potatoes and peaches. Broil chops about 4 inches from heat source 10 to 13 minutes. Turn chops; place baking dish on broiler pan with chops. Broil 10 to 12 minutes or until chops are done. Spoon syrup over sweet potatoes and peach halves 2 or 3 times during heating. Yield: 4 servings.

* Four small-sized yams or sweet potatoes, cooked, cooled, peeled and cut in half may be substituted for canned potatoes, if desired.

Mexican Style Pork Stew

3 pounds boneless pork shoulder, cut into 1-inch cubes	1 can (1 pound) tomato wedges, undrained
2 tablespoons shortening or 3 tablespoons flour	1 can (1 pound) small whole white potatoes, drained**
1/2 teaspoons chili powder	1 cup (1-inch) celery chunks
1/2 teaspoons salt	2 medium-size onions, quartered
1 clove garlic, minced	
1 cup water	

Brown pork cubes on all sides in hot shortening in Dutch oven over moderate heat stirring as needed to brown evenly. Stir in flour, chili powder, 1 teaspoon salt and garlic. Add water; cover and cook over low heat about 1 hour or until meat is almost tender. Add vegetables and remaining 1/2 teaspoon salt. Cover; cook 15 to 20 minutes or until meat and vegetables are tender. Yield: 4 to 6 servings, 8 to 8 cups stew.

Those liking a soupy stew use 2 tablespoons flour; if a thicker stew is desired use 3 tablespoons flour.

* 4 fresh medium-size potatoes pared and quartered may be substituted for canned ones, if desired. Add to meat 10 minutes before other vegetables are added.

Cheesy Pork Sausage English Muffins

1/2 pound pork sausage meat	6 or 12 slices process American cheese, as desired.
1/2 English muffins, split and toasted	6 cherry tomatoes, optional
1/2 Butter or margarine, room temperature	Parsley sprigs, optional
1/2 cup applesauce or apple butter	

Cut pork sausage into 12 even slices or patties. Cook as directed on package label or in frying pan over low heat until brown on one side. Turn and cook until done and browned on second side. While sausage is cooking spread English muffins with butter or margarine. Keep 1/2 of muffin halves warm. Spread surface of remaining muffin halves with an equal amount of applesauce or apple butter. Top each with 1 or 2 cheese slices, as desired, and place on broiler pan. Broil 3 inches from heat source until cheese melts. Overlap 2 hot sausage patties on cheese. Plunge a wooden pick topped with a small cherry tomato in center of each; garnish with a sprig of parsley. Serve with remaining English muffin halves, cut in half. Yield: 6 servings.

Pork Chops With Kraut

1/2 pound pork rib chops, cut 1/2-inch thick	1/2 cup liquid, sauerkraut juice and water, as needed
1/2 tablespoon shortening	2 tablespoons light brown sugar, packed
1/2 cup chopped onion	1/2 teaspoon caraway seed
1/2 cup coarsely chopped unpared raw apple	1 teaspoon salt
1 can (1 pound 11 ounce) sauerkraut drained (save juice)	

Brown chops in shortening on both sides in 12-inch frying pan. Remove chops from frying pan. Add onion and apple pan drippings; heat. Stir in sauerkraut, liquids, brown sugar and caraway seed. Arrange chops on top. Sprinkle with salt. Cover; cook over low heat 30 minutes or until chops are tender. Add additional water, a small amount at a time, if needed to keep sauerkraut moist. Yield: 6 servings.

Stir-Fry Pork Tenderloin

1 pound pork tenderloin	2 tablespoons cornstarch
2 tablespoons cooking oil	1 teaspoon garlic salt
1 3/4 cups water	3 tablespoons soy sauce
1 cup sliced onion	1 tomato, cut in thin wedges
1 cup diagonally sliced celery	4 to 6 servings hot seasoned fluffy rice
1 can (8 ounce) water chestnuts, drained and sliced, optional	Additional soy sauce, optional
1 package (6 ounce) frozen Chinese pea pods, defrosted	

Cut meat into thin strips (3 x 1/4 x 1/4-inch). Brown meat in hot oil in heavy skillet over high heat or in Chinese wok over high heat, stirring constantly. Reduce heat; add 1/4 cup water. Cover; cook over low heat 12 to 15 minutes or until meat is tender. Add onion, celery, water chestnuts and pea pods; cook and stir until vegetables are hot, but still crisp, 3 to 5 minutes. Combine and mix cornstarch, garlic salt, soy sauce and 1/4 cup water. Stir in remaining 1 1/4 cups water. Pour over vegetables and meat; heat until sauce is clear and thickened, stirring constantly. Stir in tomato wedges; heat. Serve immediately on hot rice with additional soy sauce, if desired. Yield: 4 to 6 servings.

Quick And Fancy Ham Kabobs With Peanut Rice

1 pound boneless "fully-cooked" smoked ham, cut in 12 (1-inch) cubes	1/2 cup orange marmalade
6 slices canned pineapple, drained and cut in half	1/4 cup catsup
16 to 32 maraschino cherries, drained	1 1/2 teaspoons vinegar
	Peanut Rice (recipe follows)

Prepare kabobs. Thread 2 bamboo skewers through each food to keep it from falling off or twisting during cooking. Hold 2 bamboo skewers parallel and thread then through 2 cherries, 1 cube ham, 1 slice pineapple, 2 cherries; repeat 2 times. Prepare 3 more kabobs. Prepare glaze. Combine and mix marmalade, catsup and vinegar in small saucepan; heat to simmering stage. Place kabobs on broiler pan. Brush kabobs with sauce. Broil about 4 inches from heat source 4 to 5 minutes. Turn kabobs; brush with sauce and broil until meat is thoroughly heated, 4 to 5 minutes. Place kabobs on Peanut Rice and pour any remaining glaze over kabobs. Yield: 4 servings.

PEANUT RICE

Cook 4 servings of rice as directed on package label; drain and mix with 2 tablespoons melted butter or margarine. Stir in 1/4 to 1/3 cup chopped salted peanuts. Add salt to taste. Yield: 4 servings.

Teriyaki Pork Steaks

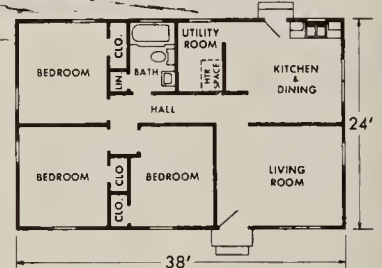
5 pork blade steaks, cut 1 to 1 1/4 inches thick
1 bottle (5 oz.) teriyaki sauce
1 tablespoon liquid smoke

Place steaks in pan. Combine teriyaki sauce and liquid smoke; pour over steaks. Marinate steaks in refrigerator 24 hours, turning occasionally. Place steaks on grill and cook over moderate to low heat for 30 to 40 minutes, turning and basting frequently with marinade.

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Jim Walter is **NOT** only a "shell home" builder. A "shell home" is one completely finished on the outside, completely unfinished inside. We will build a "shell home" for you but only if you ask us to, and only if local building codes permit. We will build to almost **ANY** stage of inside completion and allow you to complete the rest, to save you money. As for quality and size there are more than 20 models from one to four bedrooms and in addition, variations to size and floor plans can be had. As for quality construction... you may buy a different house but you'll be hard pressed to buy a better one. All materials are especially selected for their long wear, low maintenance qualities. Jim Walter-built homes are **NOT** prefabricated... they are custom built, board by board, on your property and it doesn't matter where it's located...

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Easy Living



HOW TO TAKE THE "STICK" OUT OF AN IRON

By Charlotte Slater

An iron that drags instead of slides over clothes can cause a dreadful build-up of steam — not in the iron, but in the woman doing the ironing.

A sticking iron is usually caused by material that has partially melted and stuck to the sole plate (ironing surface). If the accumulation is bad enough, no amount of bathroom cleanser will remove it. And scraping with a knife or razor blade is the worst possible move, since you can easily scratch the sole and create little "burrs" that snag clothing.

Your best bet is fine-grain sandpaper — for either "goop" or burrs. Sandpaper scratches the sole plate; but it does so evenly. With a succession of finer and finer abrasives the plate gradually regains a satin finish.

Wrap a piece of sandpaper around a small block of wood and sand the plate with an even, up-and-down stroke. Don't concentrate entirely on the sticky areas; sand the entire plate to insure an even surface. Use a fresh piece of sandpaper occasionally.

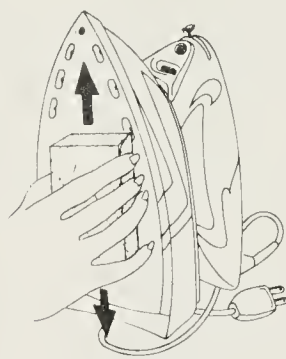
After all burned-on residue is gone, change to fine steel wool. Polish with the same up-and-down motion until the sole plate takes on a dull, smooth gloss.

If you start this project with a medium-grain sandpaper, be sure to use fine-grain paper before going to the steel wool.

The last abrasive is bathroom cleansing powder used with a soft, damp cloth. Polish with the cleanser until you are satisfied with the finish. Wipe the

plate clean with a damp cloth. Do not "dunk" the iron to rinse it.

On a steam iron, dust and damp cleanser will accumulate in the steam holes. Clear the steam holes as well as possible with a straight pin. Then put water in the iron, turn it to a steam setting and hold it in a horizontal, ironing position (but up off the board) for a minute or two, letting the steam clear out the last of the cleanser.



Charlotte Slater, Staff Writer for the Detroit News, is the author of *Things Your Mother Never Taught You*. This how-to-fix-it book stems from her successful newspaper column on these matters. The above selection is taken from Volume I.

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Golden Delicious, 5-N-1	2-3'	2.99	2.95	2.89	2.85
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Peach Trees "as low as 85c"					
Standard	Hale Haven	12-24"	.99	.95	.89
Red Haven, Redskin, Elberta	2-3'	1.49	1.45	1.39	1.35
Belle of Ga., Hardy Reliance	3-5'	2.29	2.19	2.09	1.99
Dwarf	Belle of Georgia	2-3'	2.99	2.95	2.89
Red Haven, Elberta, Redskin	3-5'	4.49	4.39	3.99	3.49
Old Fashioned	2-3'	2.49	2.45	2.29	2.19
Red Indian or White English	3-5'	3.29	3.19	2.99	2.79

Plum Trees Burbank, Methley, Abundance & Blue Damson

Apricots	Moorpark, Early Golden	2 to 9	10-24	25 & up
Each	Each	Each	Each	Each
2-3'	1.69	1.65	1.59	1.49
3-5'	2.49	2.45	2.39	2.35

Cherry Trees Dwl. North Star, Bl. Tartarian, Montmorency, Yel Glass

	2 to 9	10-24	25 & up
Each	Each	Each	Each
2-3'	2.99	2.95	2.89
3-5'	4.49	4.45	4.39

Pear Trees Kieffer, Bartlett

	2 to 9	10-24	25 & up
Each	Each	Each	Each
2-3'	2.49	2.39	2.19
3-5'	3.49	3.39	3.19

Tree Blackberry	Price each	\$.99	6 or more	.95 ea.
Darrow Blackberry		.39	6 or more	.37 ea.
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Sept. Red Everbearing Rasp.		.49	6 or more	.45 ea.
Asparagus - Root Div. 1 yr.	10/	.99	25 or more	.07 ea.
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Return unsatisfactory plants within 10 days of arrival for exchange or full refund. Plants that fail to live will be replaced at 1/2 price plus postage, packing and handling charges. Loss must be reported no later than July 1st. We share the risks of weather, etc. with you. Dan Lichtenberger

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Surecrop, Tenn. Beauty	2-24 25-99 100 & up
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Fashion-floribunda (coral)	Chrysler Imperial (red)
Spartan-floribunda (coral)	Blanche Mallerin (white)
Queen Eliz.-grandfl. (pink)	Helen Traubel (pink)

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Crepe Myrtle 1-2' ea.	\$.79	White Dogwood 3-5'	\$1.49
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Golden Forsythia 1-2'	.39	Purple Lid. Plum 2-3'	1.95
Bush Honeysuckle 1-2'	.49	Magnolia Soul. 1-2'	1.99
White or Pink		Silver Maple 4-6'	1.59
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Books



So What Happened To You? by Ellen Turlington Johnston. Illustrated by Ralph A. Her-ring, Jr., 1974. (Moore Publishing Company, Durham, N.C., 66 pages, \$4.95)

So you don't like poetry? Here's the book for you. Ellen Turlington Johnston has created a collection of "painless poetry." A friend of the author's referred to the form as "proetry" (a combination of prose and poetry) and it's probably an apt expression.

The book reads more like a personal journal, commentaries and small essays, most of which just happen to rhyme. First you must know that Mrs. Johnston is a teacher (referred to as Mrs. J.), enthusiastic and fired up, and the book is about her profession. Her dedication spills right through her ball point pen.

She writes of the turbulent days in school when unrest is the keynote, and of tranquil days when a sensitive student, who had challenged her loudly on numerous occasions, sensed her special need and quietly fulfilled it. And she has the hearty humor to poke fun at her own inadequacies, such as the day she should have worn her non-slip but didn't. And the day she told her class of her special friend who had made it big and won a Tony Award, and finally one student remarked loudly, "So what happened to you?"

But mostly it's lively verse about days of discipline and days of play. About a teacher who persists in finding something lovable in the unlovable, who "motivates" when she'd rather cry "m-cle." Who has the soul to make a Christmas decoration from an old mop, and something special from an old bulletin board. And who has the ability to let "Extra Credit John" and the dejected son of a questionable mother somehow know she cares.

Everyone should have a teacher like Mrs. J.

The author lives in Mooresville, N.C., and teaches in the Mecklenburg County school system.

Mrs. Elizabeth Simpson Smith of Rt. 1, Iron Station, is a freelance writer and a member of the Charlotte Writers Club.

FULL COLOR COVER PRINTS



Carolina Country is offering full-color reprints of the beautiful water-color beach scene which graced the cover of the May issue of the magazine.

The original painting was done by Durham artist Nancy May especially for *Carolina Country*.

Ms. May has been studying watercolor privately for the past four years and has developed her style through actual experience at the coast. She has exhibited in several one-woman shows in Raleigh, Chapel Hill and Pawley's Island, S.C.

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Rural Areas Attracting City Folks

By Bill Humphries

Millions of Americans apparently have decided big-city life isn't all it was cracked up to be.

A back-to-the-country movement is under way in the United States, unlike any previous large population shift of this century. It began about 1970 and was almost totally unexpected even by population experts.

Until 1970, the story was quite different.

From 1920 to 1970, net migration to the city reduced the nation's farm population by nearly 38.6 million, according to Theodore P. Lianos, economist with the North Carolina Agricultural Experiment Station. The flow of people off the farm was interrupted only in the depression years of 1931 and 1932 and at the end of World War II, in 1945.

In the South, farm population dropped 40 per cent in the 1950s alone. Nationwide, migration from the farm continued in the 1960s, but at a somewhat slower rate.

It was about 1965 that the nation became acutely aware of the vast movement of people that had taken place from rural areas and small towns of large metropolitan centers. This awareness was heightened by urban disorders that culminated in massive riots.

Suppositions about the rural origins of rioters proved largely incorrect. But it became clear that large cities were caught up increasingly in devastating problems of poverty, crime, pollution, congestion and other undesirable effects of large-scale massing of people.

"Since 1970," says Calvin L. Beale, a population expert with the U.S. Department of Agriculture, "changes in rural and urban population flows have occurred so rapidly that nonmetro areas (those without a population center of 50,000 or more) are not only retaining people but are receiving an actual net migration as well."

Nonmetropolitan areas gained 4.2 per cent in population from 1970 to 1973. Metro areas gained only 2.9 per cent.

"In the eyes of many Americans," Beale said, "the appeal of major urban areas has diminished and the attractiveness of rural and small town communities has increased, economically and otherwise."

North Carolina State University economists say the Tar Heel farm population declined substantially from 1950 to 1970, but at a somewhat slower rate than the national decline. Many thousands of workers are expected to leave the state's farms over the next 10 years as the tobacco harvest is increasingly mechanized.

Beale listed several reasons for population increases in the nation's rural areas and small towns during the 1970s.

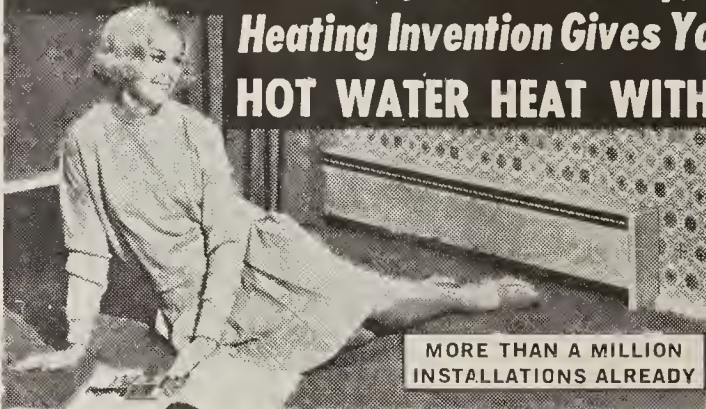
He cited: decentralization of manufac-

turing and other industry; increased settlement of retired people in nonmetro areas; the rise of many nonmetro senior state colleges and universities that made affected towns more attractive.

He also cited increased recreation activity in less densely populated areas and a sharp decline in the birth rate since 1970 in the most heavily metropolitan parts of the nation.

Bill Humphries is an editor with the Department of Agricultural Information at North Carolina State University.

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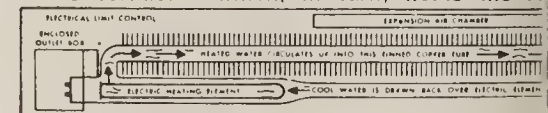
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140 — — — — —	125 — — — — —	100
160 — — — — —	142 — — — — —	114
180 — — — — —	160 — — — — —	128
220 — — — — —	196 — — — — —	157

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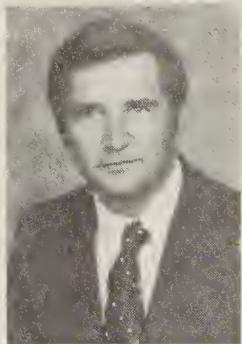
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People

Hugh Young, Edgecombe County health director, has been named "Health Director of the Year" by the N.C. Association of Health Directors. Young, who has been in his Edgecombe County post since 1972, received the award at the annual convention of the N.C. Association of County Commissioners in Asheville.



Dr. Charles B. Davey, professor of soil science, forestry and plant pathology and head of the Department of Forestry at N.C. State University, has been elected

president of the Soil Science Society of Americas.

Three USDA employees in North Carolina have received the department's superior service award in special ceremonies in Washington. They are: **Thomas A. Dixon** of Newton, a Tar Heel native who was cited for his work in rural development under the Farmers Home Administration; **Peter P. Laird** of Asheville, who was honored for his research in fusiform rust resistance in pines; and **Joe P. McClure** of Asheville, who was cited for his work in increasing production and use of forest products.

Betty Ann Cape, 12-year-old daughter of Mr. and Mrs. Ted Cape of Rt. 2, Robbinsville, captured first place in a recent statewide 4-H traffic safety poster contest sponsored by the N.C. Agricultural Extension Service. She received a 10-speed bicycle.

Dr. Hazel G. Tripp of Raleigh, education consultant for the N.C. Department of Education, has been elected chairwoman of the National Board of Directors of Future Homemakers of America.

Mrs. Carolyn Andrews Wallace has been appointed director of the Southern Historical Collection at the L.R. Wilson Library at UNC-CH, succeeding Isaac Copeland. She is the first woman to hold the position.

Charles R. McNeill has been appointed curator of the Hampton Museum at Beaufort, an extension of the State Museum of Natural History. McNeill, who formerly served as port manager at Morehead City under the State Port Authority, is the first full-time curator for the museum. He succeeds Mrs. Ruth Deyo, who recently retired.

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'SAFETY' IS THEIR MIDDLE NAME

North Carolina's rural electric job training and safety services have been reorganized to provide a comprehensive program of training and safety assistance under the auspices of North Carolina Electric Membership Corporation.

The newly restructured program offers staff services for the state's 28 Electric Membership Corporations on a regional basis, with a consultant serving in each of four areas of the state.

The consultants travel throughout their assigned regions, conducting training for EMC employees with emphasis on improving job performance methods and safety precautions.

Serving as coordinator for the overall Job Training and Safety Division at N.C. EMC is Calvin Smith, who continues to act as the consultant for the EMCs in the Piedmont Region. Smith came to North Carolina in 1972 from Southern California Edison Electric Company, where he worked as a lineman, service crew foreman and line crew foreman. He lives in Lexington with his wife and son.

Smith will also function as coordinator of the North Carolina Emergency Work Plan for Electric Cooperatives, the state-wide plan which is followed in dealing with disasters.

The three other consultants in the program:

• **Art Willis**, a former engineering aide-draftsman with Carteret-Craven EMC, serves as the consultant for the Eastern Region. He lives in Morehead City with wife and three children.

• **Keith McDonald**, who continues as consultant for the Coastal Region, is a former military pilot who has served as a flight safety officer, a director of flying and a director of explosives safety. He lives in Fayetteville with his wife and two children.

• **Kyle Roberts**, who continues as consultant for the Western Region is a former lineman with Blue Ridge EMC. He lives in Lenoir with his wife and two children.



Calvin Smith



Art Willis



Keith McDonald



Kyle Roberts

Representatives from Standard & Poor's and the National Rural Utilities Cooperative Finance Corporation (CFC) visited Wake EMC, Wake Forest, and Four County EMC, Burgaw, Sept. 2-3. The tour was a part of Standard & Poor's credit evaluation of rural electric co-operatives throughout the country. After North Carolina, the financial experts proceeded to Kentucky and Iowa, where they visited two electric co-ops in each state. Pictured at right are (left to right) Standard & Poor's Vice President H. Russell Fraser, CFC Finance Officer Paul Fox, Standard & Poor's Rating Specialist Kenneth D. Kaplan, CFC Borrowers Operations Officer Charles Gill, and Wake EMC Manager Douglas P. Leary.



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When someone told the old mountain eer, "Your neighbors are honest I hope," he said, "Yep, they is." "But you keep a loaded shotgun near your chicken coop," the other man declared. The mountain eer replied, "Yep, that keeps 'em honest."

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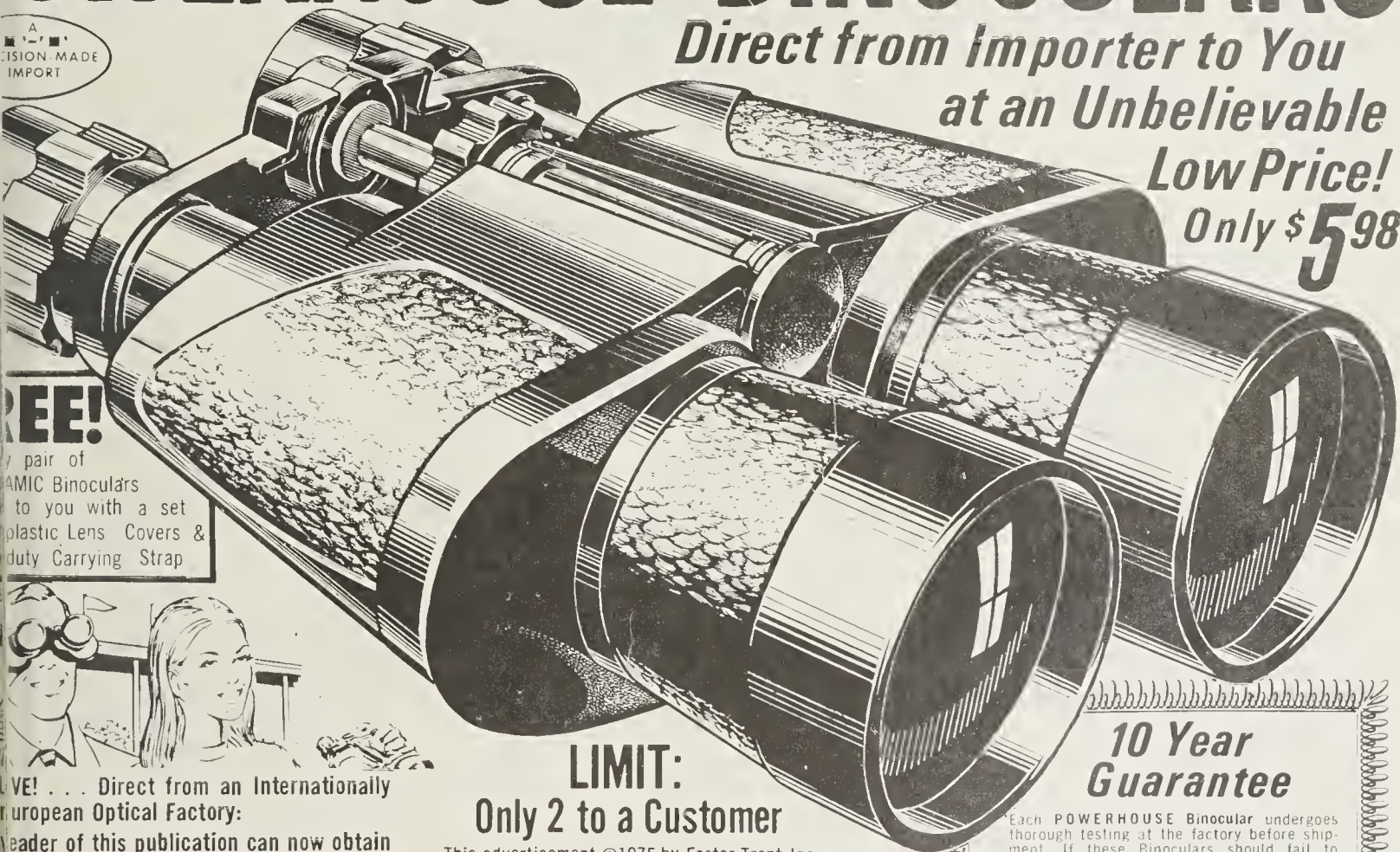
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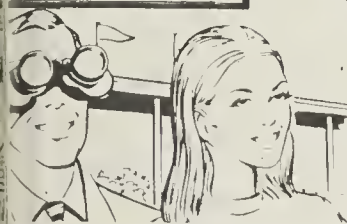
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October in the Mountains

By Bernice Goolsby

Look! If you can clear your city-smog-blinded eyes enough, look! At the mountains, my mountains, your mountains, *God's Mountains*. Look! And wonder as I do, what mighty upheaval, what monstrous birth pains spewed those almost unbelievable collosals upward and froze them into an awesome beauty that stuns the human mind.

Walk with me thru the fantastic caverns that, beneath my mountains, hold all the secrets of a long ago creation. What? Why? When? How? I do not understand, neither will you, my friend, but you will be far richer for having looked.

Listen! Sit with me on a hill side and listen. Silence, almost. There is no sound of car horns, no T.V. blaring rock music, no jangling phones, no voice raised in anger. Silence almost. But listen! There is the sound of a burr loosened chestnut falling to earth, the oh-so-quiet foot steps of a hunter wary deer, the lowing of a cow, in the distance, the rustling sound of a pheasant hen leading her brood thru the grass. Far below,

a helmeted, goggled motorcyclist cuts his motor and rests his booted heel on the trail, while he looks, and listens. He does not understand. He can only *feel* the magic of the mountains, but he is a richer man for having looked and listened.

Stand with me on a high peak and watch summer die. Watch Mother Nature, exhausted from her work of spring and summer, prepare, once again for death. Watch her bathe herself in the dews of early morning, perfume herself with all the scents from the wilting, dying flowers. Watch her clothe herself in gorgeous raiment, yellow, orange, reds, blues and greens that will fade with the coming of winter, when she will wrap herself in a mantle of snow, and sleep, secure in the knowledge that when April comes, she will once again, overcome death, be resurrected, and walk in all her beauty across the face of *my mountains*, your mountains, *God's mountains*. I do not even pretend to understand, but I am a richer person for having seen, heard and felt the grandeur and majesty of the mountains, in October.

So are you, my friend.

Bernice Goolsby is a 71-year-old native of Georgia who saw her first mountain when she was 25. She is now a dyed-in-the-wool North Carolina mountaineer, having lived in Caldwell County for 48 years.

Poet's Corner

Fireside Reflections

ask before an open fire;
 nostalgic pictures crowd my mind.
 The flames are like a burning pyre,
 and sparks are days I've left behind.
 To like a span of mortal life,
 fire is kindled, nursed along,
 and very soon it's flames are rife
 with vivid sparks and crackling song.
 So soon the flames attain their height,
 then level off to burn awhile
 like men, who keep their goals in sight
 while plodding onward mile on mile.
 And now the logs are burning through;
 now the hour is growing late.
 The glowing embers paint anew;
 thousand pictures dissipate.
 The years pass swiftly in review;
 remembered scenes come on and on.
 Thousand friends, whose love I knew,
 now flicker out; their sparks have gone.
 Though fires may seem to terminate,
 eternal hope is not in vain
 above the ashes in this grate,
 Living flame shall burn again!

Paul Ellis Bowman
Hickory

Autumn

The wind is softly whispering down the lane
 An autumn chill is in the air again
 Leaves of gold and scarlet are gently falling
 Dawn in the marshes the wild geese are
 calling
 The frost looks like snow on the fodder
 shock
 Chickens on the farm are huddling in flocks
 In all its splendor the big harvest moon is
 shining
 Birds gathering in the pines and softly
 chimming
 Soon the cold ice and snow will cover the
 land
 And it will be a long winter before it's spring
 again.

Gladys Hollifield
Spruce Pine

"Scare-crow"

Scare-crow, straw-filled, man-made servant,
 Scare-crow, arms straight, eyes unblinking,
 Birds despise you, their deterrent,
 Scare-crow, wonder what you're thinking.
 Scare-crow cannot see behind him,
 Scare-crow needs a soul to talk to,
 Scare-crow has no bed to lie in.
 Scare-crow how could I ignore you.
 Scare-crow, standing, silent, lonely,
 Scare-crow, guarding, lifeless statue,
 Patient, stubborn in your duty,
 Scare-crow you know I adore you.

Richard Johnson
Hendersonville

October

Blue and emerald days,
 Black and diamond nights,
 Indian summer sunshine,
 And fairyland moonlight;
 Red and orange mountains,
 Brown and yellow leaves,
 Frost-sifted mornings,
 And crispy air to breathe;
 A bittersweet feeling
 That I cannot explain,
 Except to say it's autumn,
 And October once again.



Vivian Louise Hague
Ronda

Wealth

The world is ours beloved!
 Come venture forth with me.
 We'll sail upon the ships that pass
 betwixt the sky and sea.

We'll climb the highest mountain peaks,
 Encircled by the clouds.
 We'll find our El Dorado
 Above the teeming crowds.

Believe me, these we own, dear heart,
 And I can show you more;
 The mist-clad moors of Devonshire,
 The white Tahitian shore.

But if we can't leave home, my dear,
 To roam in foreign parts,
 Our love is greater than these things,
 And it's within our hearts.

Barbara Bennett Talley
Burnsville

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Whittlin's

• What's the value of a soil survey prior to building your new house? It can alert you to the presence of bedrock beneath your lot, or point out potential dangers from flooding or soil erosion, according to the USDA's Soil Conservation Service.

The agency is offering two new brochures explaining how to use a soil survey. Single free copies of "Soil Surveys Can Help You" (PA-1054) and "Homebuyers — Soil Surveys Can Help You" (PA-1050) may be ordered from the Information Division, Room 6110-S, Soil Conservation Service, U.S. Department of Agriculture, Washington, D.C. 20250.

• A nationwide toll-free hotline over which farmers answer questions from consumers is now being operated by the Agricultural Council of America. Farmers from 11 states across the country are on hand from 7 to 11 p.m. daily to answer consumer questions about farm and food issues. The number is 800-424-3510.

• *The Southern Appalachian Heritage*, which was the source of the color photo on the cover of this issue of *Carolina Country*, is a 96-page hardcover book published jointly by Holston Publishing Corp. in Kingsport, Tenn., and Appalachian Consortium Press in Boone.

The handsome book includes 84 full-color photos and a 15,000-word text. It is priced at \$5.95. Copies are available in book stores, or by writing: Appalachian University Press, 407 E. Howard St., Boone, N.C. 28607.

• Got a complaint about your furniture that can't be resolved by local dealers or manufacturers? If so, you might try taking that complaint to the Furniture Industry Consumer Advisory Panel, a voluntary, independent and non-profit organization which represents consumer views at the top level of the furniture industry.

To report a problem to the agency, outline the complaint in detail and send photographs, if possible. Give the name and address of the dealer and the name of the manufacturer. Write to FICAP, 209 Main Street, High Point, N.C. 27260.

• A compact booklet offering tips for keeping your plumbing in good working order and making simple repairs is available from the Plumbing-Heating-Cooling Information Bureau, 35 E. Wacker Drive, Chicago, Ill. 60601. Requests for the booklet should be accompanied by 35 cents and a first-class stamp.

• North Carolina Electric Membership Corporation is still offering free copies of the "Calendar of and Guide to All the Fall and Winter Shindigs Going On In North Carolina," which lists various activities scheduled across the state through February. For your copy, write to N.C. EMC, Dept. R, 3333 N. Boulevard, Raleigh, N.C. 27604.

• "Sandwichery," a leaflet featuring butter and cheese spreads and various special sandwich ideas is available free by sending a stamped, self-addressed envelope to Sandwichery, United Dairy Industry Association, 6300 North River Road, Rosemont, Ill. 60018.



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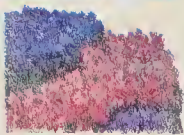
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Hardy, lifetime peonies offer rare beauty with large, blooms on stems 2 to 3' tall. Bloom second growing season after planting and each spring without replanting. We ship 3 sturdy 2 to 3 eye planting stock root divisions at fall planting time for only \$3.45. . . . 3 colors . . . one each of pink, white and red. Check coupon.

DAFFODILS

(NARCISSUS—U.S. GROWN)

18 Bulbs \$1.99

Famed varieties of yellows, whites, pinks, two tones as available. 10-12 cm. blooming size bulbs. . . (ave. 4" circumference). Bloom early spring with enchanting colors. Mail coupon today.



ANOTHER BONUS FOR MAILING ORDER BY NOVEMBER 1st

6 Imported Holland ALLIUM MOLY BULBS (5 cm.) that bloom with thick clusters of yellow flowers on stems up to 14" given free of extra cost if order is mailed by deadline date. Check this bonus in coupon and mail today.

MICHIGAN BULB CO.

DEPT. BE-1708, 1950 WALDORF N.W.
GRAND RAPIDS, MI 49550

MAIL THIS MONEY SAVING ORDER COUPON

MICHIGAN BULB CO., DEPT. BE-1708, Grand Rapids, MI 49550
Please send me items checked below in plenty of time for regular fall planting. If I am not satisfied on arrival I will return within 10 days for purchase price refund. Any flowers planted item not blooming, replacement is free (5 yr. limit).

No. of Orders	Cat No.	Item	Cost
	140	Tulip Bulbs (Min. 50)	
	157	Parrot Tulips (Min. 10)	
	152	Dutch Hyacinths (Min. 6)	
	309	Creeping Phlox (Min. 6)	
	132	Giant Allium (Min. 3)	
	166	Crocus Bulbs (Min. 20)	
	118	Peony Special (Min. 3)	
	161	Daffodils (Min. 18)	
1	177	6 Flaming Allium With Tulip Order	FREE
1	181	6 Allium Moly — Order by Nov. 1st	FREE
1	178	6 Dutch Muscari Bulbs for \$5.00 Order	FREE
1	179	6 Dutch Muscari Bulbs Plus 6 Glory-of-the-Snow For \$7.50 Order	FREE
1	121	6 Muscari, 6 Glory-of-the-Snow Plus 25 Oxalis (Deppei) For \$10.00 Order	FREE

TOTAL THIS ORDER

☐ Remittance enclosed. Add 90c for postage and handling. We ship extra BONUS of 6 Flaming Allium. .90
☐ Send C.O.D. plus postage charges.

GRAND TOTAL

NAME

ADDRESS

CITY

STATE

ZIP

FREE OF EXTRA COST

In addition to all the other bonuses listed, if your order totals \$5.00 or more you will also receive bonuses described below free of extra charge. Be sure to enclose coupon with order.

☐ ORDER TOTALS \$5.00 or more. Send 6 DUTCH MUSCARI BULB (6-7 cm.) that bloom in rich blue.
☐ ORDER TOTALS \$7.50. In addition to 6 DUTCH MUSCARI, a send 6 Imported Holland GLORY-OF-THE-SNOW BULBS (4-5 cm.)
☐ ORDER TOTALS \$10.00 or more get MUSCARI, GLORY-OF-THE-SNOW Plus Imported Holland Garden of 25 Oxalis (Deppei) with lovely floral container. Grown indoors or out 3-6" heights. Our 3 cm. bulbs sell regularly 25 for \$2.10. your super bonus with \$10.00 orders.

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